

Grain Group

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|------------------------|
| <input type="checkbox"/> | _____ | Granola cereal |
| <input type="checkbox"/> | _____ | Oatmeal |
| <input type="checkbox"/> | _____ | Whole wheat bread |
| <input type="checkbox"/> | _____ | Whole wheat pita bread |
| <input type="checkbox"/> | _____ | Rye bread |
| <input type="checkbox"/> | _____ | Wild brown rice |
| <input type="checkbox"/> | _____ | Whole wheat pita bread |
| <input type="checkbox"/> | _____ | Bagel chips |
| <input type="checkbox"/> | _____ | Flax seed |

Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|------------------------------|
| <input type="checkbox"/> | _____ | Chopped almonds |
| <input type="checkbox"/> | _____ | Cashews |
| <input type="checkbox"/> | _____ | Sunflower seeds, dry roasted |
| <input type="checkbox"/> | _____ | Chicken breasts, no skin |
| <input type="checkbox"/> | _____ | Ham, lean |
| <input type="checkbox"/> | _____ | Boca burgers |
| <input type="checkbox"/> | _____ | Roast beef, deli, lean |
| <input type="checkbox"/> | _____ | Canadian bacon |
| <input type="checkbox"/> | _____ | Soy nuts, roasted |
| <input type="checkbox"/> | _____ | Salmon |
| <input type="checkbox"/> | _____ | Lentil soup |
| <input type="checkbox"/> | _____ | Hummus |

Dairy Products

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|---------------------------------|
| <input type="checkbox"/> | _____ | Skim milk/low fat milk |
| <input type="checkbox"/> | _____ | Low fat yogurt |
| <input type="checkbox"/> | _____ | Mozzarella cheese (low fat) |
| <input type="checkbox"/> | _____ | Low fat cheddar or colby cheese |
| <input type="checkbox"/> | _____ | Low fat cottage cheese |
| <input type="checkbox"/> | _____ | Diet margarine (or Heart Smart) |
| <input type="checkbox"/> | _____ | Egg beaters/eggs |
| <input type="checkbox"/> | _____ | Provolone cheese |

Miscellaneous

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|-------------------------|
| <input type="checkbox"/> | _____ | Power Bar (any flavor) |
| <input type="checkbox"/> | _____ | Carnation breakfast bar |
| <input type="checkbox"/> | _____ | Hot cocoa |
| <input type="checkbox"/> | _____ | Milk chocolate peanuts |
| <input type="checkbox"/> | _____ | Olives, black or green |
| <input type="checkbox"/> | _____ | Tea, herbal |
| <input type="checkbox"/> | _____ | Seltzer water, flavored |

Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|---------------------------|
| <input type="checkbox"/> | _____ | Orange juice |
| <input type="checkbox"/> | _____ | V8 Juice |
| <input type="checkbox"/> | _____ | Tangerines |
| <input type="checkbox"/> | _____ | Grapefruit |
| <input type="checkbox"/> | _____ | Banana |
| <input type="checkbox"/> | _____ | Cherries or other berries |

Vegetables

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|--------------------------|
| <input type="checkbox"/> | _____ | Avocado |
| <input type="checkbox"/> | _____ | Lettuce |
| <input type="checkbox"/> | _____ | Tomato |
| <input type="checkbox"/> | _____ | Carrots/baby carrots |
| <input type="checkbox"/> | _____ | Onions |
| <input type="checkbox"/> | _____ | Mixed vegetables |
| <input type="checkbox"/> | _____ | Spinach leaves (salad) |
| <input type="checkbox"/> | _____ | Chinese style vegetables |